

**Linda Clair**  
**Seven-day Meditation Retreat**  
**Kallara Conference Centre – September 2019**  
**Transcription from Audio Recordings**

**File 2a – Sunday morning guided meditation**

So take a few deep breaths into the belly, and feel your body. Don't visualise, don't think about it, just feel the sensations in your body. Make sure your back is quite straight without being rigid and tight, although at times you will feel some tightness. But this isn't about rigidly sticking to something, it's about being open and flexible – not resisting change. So we use our body, as we were saying yesterday, as an anchor.

So take your attention to the top of your head and really feel the sensation, any sensation, on the top of your head. There's no right or wrong sensation, there's no perfect sensation. You think you're looking for perfection but there's no end to this. That's the beauty of it, there is no end. And that's really what you're looking for, something that never ends.

Feel the sensation of your eyelids on your eyes – it might be very subtle. Feel your breath going through your nostrils. Feel your jaw, your tongue touching your palate. Feel your lips, and keep breathing into the belly, grounding yourself more and more deeply in your body.

So this is your first, full day here. You're going to need to be firm about this grounding in your body, particularly today, because there'll probably be quite a bit of resistance to being here. And this is the day where you set your intention, "Okay, I'm going to be here as much as possible whether I like it or not, and this is where I want to be." But of course your mind wants you to be anywhere else but here.

So feel your shoulders, really feel them, even if it's uncomfortable. Go to your left shoulder, go down your arm to your left elbow and feel your elbow. Then go down to your left hand and feel your hand, and feel your thumb and each finger, and keep breathing into the belly. Take your attention to your right shoulder and feel your shoulder. And go down your arm to your right elbow, and down to your right hand and feel your hand, and feel your thumb, your first finger, second finger, third finger and your fourth finger. Move them very gently if you have trouble feeling them. Don't imagine they're there, don't imagine sensations, feel them.

So take your attention to your chest, and as you breathe in and out through the nose, feel the gentle movement of your chest with the breath. Then go down to the abdomen. So this is the most tangible place in your body to feel your breath, to be with your breath. There's no perfect way to breathe; the breath will naturally change. This isn't about trying to control the breath. It's not about trying to control anything, but seeing how much control the mind, thoughts, have over you – and it rules by fear. So feel the abdomen rising and falling as the body breathes. Feel your thighs, your knees, your left foot and your right foot. Then feel your spine, from the top of the spine down your back to the bottom of the spine. Then again, feel your whole body. Use your senses to feel your body, to be aware of your body.

So each time you realise you haven't been in your body bring your attention back to the rise and the fall of the abdomen with the breath. It's so simple – not easy, but simple. And you need to do this again and again and again until it becomes more natural to be in your body than out of the body, which is what thinking is. It doesn't matter what you are thinking about. The subject of your thoughts is not important. And don't divide your thoughts up into good and bad thoughts, positive and negative, spiritual and non-spiritual. What we're looking at is the thinking habit – the habit of moving away from where you are right now.

So sit and watch. And today be firm without pushing. Give yourself time to settle into the rhythm of this. And do everything with your body – in your body.